

What helps us to live with our pain - in one sentence

I have now accepted that pain is part of me, but I am in charge of it and every day I focus on keeping it as far in the background as possible.

Acupuncture helps and massage. Someone to lend a helping hand and ear. Finding some posture to ease the pain along with ibuprofen. Heat, hot bath helps. Heat relieving patches like the Korean ones.

Easy access to GP services, who understand chronic pain patients needs. Sometimes it is all too easy to rely on medication only.

I now find it really helpful to listen to "soothing" music. I have recently discovered a classical violinist from Holland who gives the most wonderful concerts all over the world – the music is not always strictly classical and can lift me from my humdrum day normally dominated by my pain. (Andre Riev is his name)

The support of close friends and or family, which is enhanced if you let them know, rather than them have to ask.

Rest/No movement

A slow walk as far as I feel, just me, the dog and a book on the ipod

Try to keep your mind and body occupied, to take your mind off the pain.

Alcohol, sex, massage & humour.

If pain gets too bad Lee Evans makes me laugh.

Diversion- painting, watching movie, playing with the cat, listening to music, hydrotherapy

Painkillers – which don't do anything!

A machine called Acticaire, 10 times stronger than a Tens machine, no longer available privately but can be sought in hospital.

If my pain is constant, I find looking into a mirror and talking to myself saying why the devil am I like this, then laugh at myself as I am not getting any response – this does help.

These days my constant help is providing myself with a cushion wherever I am – I use it in the car when driving and it's in a discrete bag with handles which can also contain other small

"Keep smiling, because if you don't you will start crying and go into a big hole" & my cats!

My dog helps me and by knowing that he needs me.

Take each day as it comes and don't worry what tomorrow will be like, as you will panic